The Clarion

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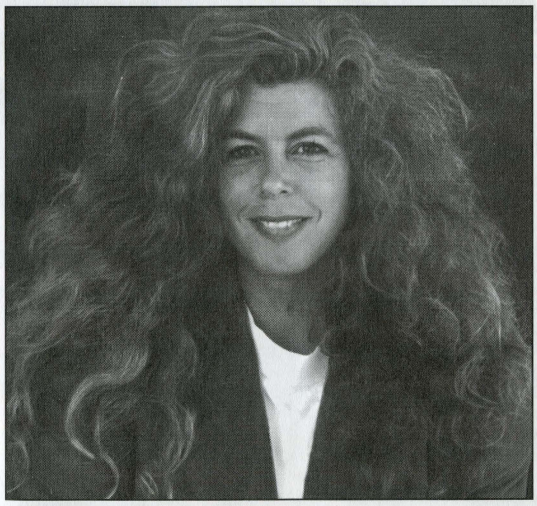

Marcus Alonso

Marie Howe, author of *The Good Thief*, was the featured poet at this year's Poetry Celebration.

Poetry Fest still growing!

by Jessica Boar

The fourth annual East Brunswick High School Poetry Celebration was held at East Brunswick High School on May 18 and 19.

This festival was sponsored by the Board of Education and the Geraldine R. Dodge Foundation.

"It's been very successful in the past and that's why they continue to support us. We had the first program and it has served as a model for others in the state," said Mr. John Pember who codirected the program with Mr. Michael Kenny and Mr. Manfred Peil.

On May 18, eight different poets gave presentations to 32 English classes. These poets included Ms. Maria Mazziotti Gilian, who has attended the festival for all four years. Featured poet, Ms. Marie Howe, joined the Festival on May 19 to read her poetry and conduct a workshop.

Ms. Howe has written *The Good Thief,* a volume of poetry that was selected for the National Poetry Series. She has also received awards from the Academy of American Poets, Radcliffe College and grants from the Massachusetts Artist Foundation and the National Endowment of the Arts. She currently teaches at Tufts University and is working on her second book of poetry, *What the Living Do.*

Graduation returns to EBHS:

Ceremony to take place on Jay Doyle Field

by Jessica Boar

Due to three days of inclement weather, graduation will take place at EBHS's Jay Doyle Field on June 29.

Graduation was initially scheduled for June 24 but was postponed because school was closed on December 19 due to a violent rain storm. Again school was forced to close on March 15 and 16 following the "blizzard of '93." Originally graduation was to take place at the Louis Brown Athletic Center at Rutgers University.

"New Jersey law says that seniors cannot graduate until the 180th day of school is completed," said Principal Charles King. "If I had a choice we would have it at Rutgers but since there is no choice we will make the best of it."

Rutgers is unable to make the Louis Brown Athletic Center available after June 24 due to various programs and activities that will be taking place.

"It was very nice at Rutgers, but I'm sure it will be great at the football field. It is the last part of students' high school careers and they will graduate right from the school," said Patrick Sirr, President of the Board of Education.

Mr. King cited some potential problems with the outdoor graduation such as weather, sound projection, and the lack of intimacy, but assures students that "it will be done with class".

"We have hired a sound company and are doing the best to make sure graduation is successful," said Assistant Principal Rosemarie Liebmann, who is in charge of graduation.

Ms. Liebmann continued to explain that the number of guests will need to be limited due to the seating capacity of Jay Doyle Field. "We will allow somewhere between six and seven guests. Students will originally be given five passes, and we are hoping people will return what they don't need so others can use them."

There is also a parking problem with holding graduation at the High School. The Administration is planning to talk to the owners of K-Mart to determine if guests can use their lot. Students and staff will be given priority for parking at the school. Others may be able to park at K-Mart and take shuttle buses that will be provided.

"Graduation was less expensive at Rutgers," said Ms. Liebmann, who further explained that in addition to hiring several private companies, a stage and a tent for the handicapped must be brought in. This tent will provide an alternative seating capacity for those who are unable to climb the bleachers or who are affected by the heat.

"No provisions have been made for an indoor ceremony if it rains," said Ms. Lentz, a Senior Class Advisor, who remains enthusiastic that graduation will be a success no matter where it is located.

However, if it does rain, graduation will take place on June 30.

Students had a variety of opinions on the subject.

"While graduating on Jay Doyle field is more traditional, I still would prefer Rutgers," said senior Ronni Astroff.

Senior Emmanuel King said, "It would have been nice to graduate at Rutgers. I went last year and it was really comfortable and organized, but if we have to have the ceremony at EBHS it won't be so bad. It's the ceremony and feelings that matter."

"I am in favor of the change from Rutgers to EBHS. I believe that graduation should take place at the school every year. After we attend school for three years it would be appropriate to say one farewell on graduation," said senior Eric Albrecht.

Senior Russ Morse seemed to sum up the feelings of graduation, "It doesn't matter where we graduate as long as we do."

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Memorial Day parade cancelled: Picnic to honor vets instead

by Melissa Wohlstetter

A decision has been made to cancel the Memorial Day Parade which has been a custom in East Brunswick. In its place the township will sponsor a picnic, held at the library in honor of the veterans. The change was suggested because an insufficient number of people have attended the celebration in recent years.

The cost of the picnic is expected to run around $10,000. According to the Director of the Division of Recreation Parks and Community Services, Judith Leblein, "It [The cost] is considerably less than the parade."

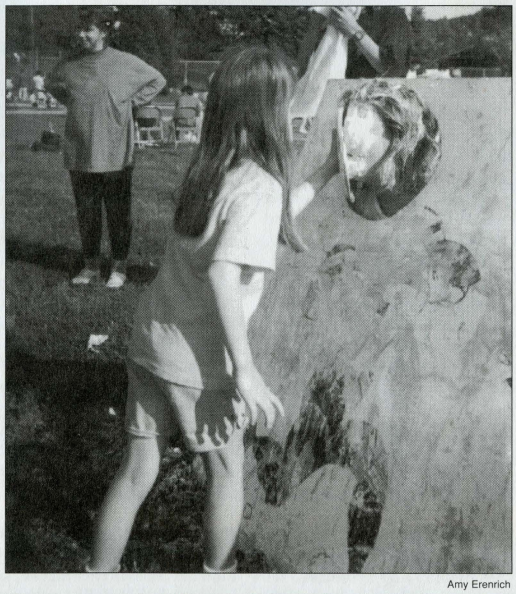
Although this decision may be met with some opposition, Leblein stated, "This [idea] came entirely from the veterans without any prompting from our staff."

Many students expressed their feelings toward this change. Junior Amanda Zusman, who has been a resident of East Brunswick for sixteen years, commented, "It's not the meaning of the parade that should matter, it is the day."

Junior Julie Yesner remarked, "As a community, East Brunswick has very few things that represent the town as a whole. It was one of the only things we had. It was a chance for everyone to get together and commemorate a momentous day."

An anonymous sophomore said, "What's most important is the fact that those who served proudly are still being recognized and honored. With what the turnouts have been in previous years maybe something small will just make it all the more special."

Sweet Revenge



Amy Erenrich

Ms. Ambrosy enjoys Cool Whip at the '93 Student Council Carnival.

Budget should not be source of dissent

by Todd Dubinsky

Late bus runs, cultural arts programs, summer school, adult school, outdoor educations, band camp, and kindergarten busing are among the many items that people chose to possibly eliminate when they voted "NO" on the school's budget. In addition, if the budget hadn't passed, an increase in class size and major cuts in personnel on all levels would have taken place.

If all of these hardships occur when the budget doesn't pass, why is there such a problem with passing it every year? Less than fifteen percent of voters actually go to the polls to cast their vote. This is pathetic in current times when the general public complains about having no say in politics. Whether people are for or against the budget is irrelevant; every person who has the right to vote should.

Most senior citizens will do everything in their power to prevent the budget from passing. It seems that they feel it is stupid to pay extra money each year to the East Brunswick school system when they have no children in it. It is hard to believe that the people who do not wish to pass the budget do not know people with children, do not have grandchildren, do not know or remember their children's teachers, or do not remember when they were in school themselves.

Of course, the recent near defeat was due not only to senior citizens who vote "NO," but also to the parents who fail to vote "YES." If every parent of every child in the school system voted for the budget, the result would probably be a landslide in its favor. Fortunately, only a small percentage needed to vote to ensure its acceptance. The fact that many parents didn't realize that this money has a direct impact on their children is a disgrace. It is their responsibility as good citizens to educate themselves about any situation in which they are eligible to vote, including the school budget election. There are even parents who were well aware of the budget's facts and its significance, and still failed to vote for it. Not voting is a decision in itself—a decision that can be the most detrimental determination for the following educational year.

Finally, high school students have a key role in passing the budget. If eighteen, a student should vote to approve the budget. In fact, many students who have the power to vote take advantage of it. Even the students who cannot vote can influence the outcome by speaking with their parents and, even, grandparents and convincing them to vote for it. Students know better than anyone else how hard it can be to attend a school that is improperly funded.

Even though the budget passed, students and faculty members begin to worry about next year's budget election. If the budget hadn't passed, the school system couldn't function at its best. A small portion of the community makes a difference, a difference that can affect the education of the community's children and the future of East Brunswick.

Greg Corrado

Condom distribution inappropriate

by Laura Papania

SEX. This three letter word has been the source of much controversy lately. Teenage sex is not a new issue, nor are the risk factors ranging from pregnancy to AIDS. However, what is new, is the suggested role of the schools in regard to this issue. The Governor's Council on AIDS recently recommended the distribution of condoms in New Jersey public schools. Do schools really need such a program? The answer is no.

A key factor in justifying such a program is based on need and effectiveness. Some schools throughout the nation have chosen to distribute condoms as an effort to lower the number of teenage pregnancies and STD cases. However, numerous studies have shown that these programs have had "no measurable impact...upon pregnancy rates or birth rates." (For more information see the 1988 report of the National Family Planning and Reproductive Health Association.)

It is important to understand that a condom distribution program involves much more than placing a box in the bathroom that says "Free Condoms. Please Take One." Such a program would involve counseling, not only on the proper use of a condom but also on whether or not you and your partner are ready for such a step. Special attention must also be given to help students overcome the psychological resistance of using condoms. And it doesn't end there. Other details to be considered are whether or not parental consent is needed and if there should be limits to the number of condoms given to each student. The question of who's going to pay for this program still remains, as well. Is it fair to expect the taxpayer to support the financial responsibility of such a program that would only be available to high school students especially if the taxpayer does not believe it necessary?

The fundamental purpose of school is to ready the student for the adult world through education. Sex is an adult act that requires the responsibility of the individuals involved. It is not the school's responsibility to provided proper protection, but the individual's.

A school's nurse's office is not a clinic or doctor's office. The nurse's office is only the beginning of the public health system. A school nurse alerts a student of a health problem but they do not offer treatment of that problem. Concerning contraceptives, the nurse can provide information and counseling on preventive behavior, but the provision of condoms is not the school's job.

There is no good reason why a high school student would have to rely on a school distribution program in order to get a condom. There are numerous stores where condoms are available and reasonably priced. There are also several local clinics that offer free condoms; if price is a factor (see the school nurse for more information).

The best role that a school should take when dealing with such a problem is education. School curriculums should include health classes that cover the risk factors of being sexually active and inform students of methods for reducing such risks. Students wishing to seek additional information or counseling are encouraged to see the nurse.

Point and Counterpoint: *Condom distribution*

Wanted: Condoms at EBHS

by Jennifer Tan

"Come on and give it to me, give me some protection." When we want to do the right thing, we are, instead, forced to do it the wrong way. When we try to behave safely and maturely, we are told to drop dead. Some people are so concerned about humanity that they are sacrificing lives to the god of "virtue."

Sex—ohhh, what a dirty word! Good girls don't...and good boys shouldn't, but hey, boys will be boys. This Victorian mentality is unrealistic in view of the facts. Over seventy percent of high school seniors have had intercourse; not even the threat of death has deterred young people. More than 10,000 people between 13 and 24 years of age have full-blown AIDS; thousands more have HIV and AIDS-related sickness, and many more are unaware that they are infected, since not everyone is tested for AIDS, and AIDS will not display any symptoms for as long as eleven years after infection. The presence of condoms does not affect a person's decision to have sex, but the decision to have sex without a condom can kill.

One school which has already instituted condom distribution is Humanities School on 80th Street in New York City. Most students and parents have approved or accepted the action, and there has been no visible protest from any groups regarding this particular school's condom distribution. What seems like a controversial decision for other schools has been a success at Humanities; more schools should be encouraged to have available condoms.

Free condom distribution in schools will make them easily available to teenagers. The spread of non-fatal STDs, such as chlamydia and gonorrhea, will then be inhibited; likewise, the increase in AIDs cases will be hampered, and lives will be saved. Condoms also act as contraceptives, so helpless babies will be spared living with these diseases. Self-righteousness has no place in the distribution of condoms; this is not about personal ideology or opinion—this is about the future of today's young people.

Support for condom distribution should not be misconstrued as encouraging sex. Whatever your stance on teen sex, you will undoubtedly agree that condoms greatly reduce the risks involved in sex (condoms are eighty-five to ninety percent effective). Condoms do not guarantee absolute protection, but "safer" sex is better than deadly sex.

The purpose of education is to teach, not to preach. The logical course of action is to make condoms available in a convenient location where students can obtain them easily and at no cost. Schools exist for the benefit of students and society. Who is it helping when an effective method of combating disease, unwanted pregnancies, and possible death is banned in schools?

THE CLARION
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C·l·u·b·s

with Allison Gold

Winning may not be everything, but it seems to be the popular thing to do in the clubs at EBHS. Some clubs have been particularly successful this year, and they all worked hard and had fun. I kindly thank each club for adding animation to our school and always leaving me with something to write!

*****

It looks like EBHS Model United Nations has been accomplishing more than the actual United Nationals. In March, at the National High School Model United Nations conference, EBHS students representing Germany won an award for their work. Members of the Zimbabwe delegation received honor for their research and positions on issues, and the delegation representing Jordan received an award of merit. I would feel safe knowing the world was in the hands of Model UN.

*****

Future Homemakers of America's attendance at the FHA State Convention in Eatontown, proved to be a triumphant success. The club was recognized with five first place awards for: the All-Star Chapter Manual, Volunteer Action Manual, the All-Star Project Manual, parliamentary procedures, and Contemporary Living with Design. Congratulations! In addition, they are currently fundraising to raise money to go to Anaheim, California where the 1992-93 National Leadership Convention is being held from July 11-15. Good luck!

*****

The 1993 National Honors Society inductions took place on April 15. One hundred and ten new members were admitted to the Society after submitting applications. Members have to meet the requirement of a 3.6 GPA and be active in school. Congratulations to all new members and don't forget to order your yellow (instead of the traditional green and white) tassels for graduation.

*****

On May 19 members of the French Honor Society will be going to Rider College to compete in French with other schools. Students will be performing pre-written or original plays, skits, acts, and monologues. In past years EBHS has done quite well at the competition. Bonne Chance!

Arts & Entertainment

with Suzanne Klein

The music scene in our school is just thriving. For instance, you all just missed, or maybe didn't, two very successful concerts—the EBHS Orchestra, which was on May 5, and the EBHS Stage Band, which was on May 12. The Orchestra featured pieces such as "Hoe-Down" (the background music in those beef commercials), as well as two student-composed pieces (see article on page 7)! This year's Concert Competition winners were junior **Charlotte Lee** and senior **Emmanuel King,** and the piece in which they were featured, Brahm's Double Concerto for Violin and Cello, was also performed. The Stage Band also exhibited some fine talent in their performance of pieces ranging from the Wind Ensemble's performance of Grainger's "The Children's March," to the Concert Band's performance of Queen's "Bohemian Rhapsody." Said senior **Kathy McGovern** of the concert, "After the success of our winter concert, we were able to play even more challenging pieces, and that appealed to us and the audience."

Also the Chorus concert was held on May 20 at 7:30 in the auditorium. The Concert Choir performed such pieces as "O Magnum Mysterium" and "The Turtledove," while Mixed Chorus sang "If You Were Standing Here," "O Mistress Mine, Where Are You Roaming?" and several others. Also performing were three select after-school groups: Harmonics, Bel Cantos, and Madrigals.

More proof of the musical inclinations of the students at EBHS lies in the number of pupils accepted into the All-State Orchestra, Wind Ensemble, Band, and Chorus. EBHS Orchestra members selected are sophomores **Jeanette Baker, Jason Kim, Greg Lawson,** and **Adrienne Tsai,** and juniors **Charlotte Lee, Matt Simon,** and **Steve Yang.** Senior **Eric Law** was selected for the Wind Ensemble, while junior **Mark Staloff** was selected for Band membership, and sophomore **Dan Horowitz** and junior **Suzanne Klein** were accepted into the Chorus. Speaking of accomplishments, the following students were accepted into the All Eastern Orchestra: Senior **Emmanuel King** and juniors **Charlotte Lee** and **Matt Simon**!!!

*****

On Saturday, April 3, **Adrienne Tsai** competed in the PTSA piano competition at Drew University. Adrienne, a talented pianist, participated in four competitions; ethnic background, women composers, a piece by Russell E. Lanning, and duet.

*****

This year you can find **Katie Cuffari** at "Dancing In The Spotlight". Once a week Katie is not dancing, but is teaching children, aged 12 years old, how to dance at her beginner pointe class.

*****

Well, it's been great, but I must admit that this is the last Arts and Entertainment Beat of the year. So, I guess it's time for the last Funky Fun Fact of the year, too. Don't cry—if you really want, drop me a line in the *Clarion* mailbox, and I'll mail you some over the summer. Anyway...Funky Fun Fact Number (I forgot what number we're on): Ever hear of the book *Ethan Frome* by Edith Wharton? Well, if not, it's a wonderfully depressing story that I'd recommend to all. Guess what!?! Someone, somewhere, is making a movie of it, so when it comes out, I suggest you all see it. (I'm very excited.) Oh—but don't forget to read the book first!

SENIORS

with Joel K. Lynn

As we head down the final stretch of our fourth and final year of high school, many events which we have been awaiting are finally arriving. The Prom, and Graduation are just around the corner, and the Senior Servant Auction and the Senior Variety Show were tremendous successes. Let's make the most of these events and place a big exclamation point at the end of our high school career.

The Auction, which raised $4096.11, was sponsored by the Student Council. **Kenny Stahl** and **Joe Dubin** were the emcees for the event. Many seniors were auctioned off at very high prices, with **Emil Habib** ($123) and **Nicole Yates** ($115) raising the most money. Some of the highlights (or lowlights) of the next day's activities:

—**Valerie Shklyarevsky** was seen carrying a carnation between her teeth and singing, "Row, row, row your boat..." down one hall.

—**Meredith Garafolo** wore a sign which read, "I live for Steve," in honor of her "purchaser" **Steve Daddone.**

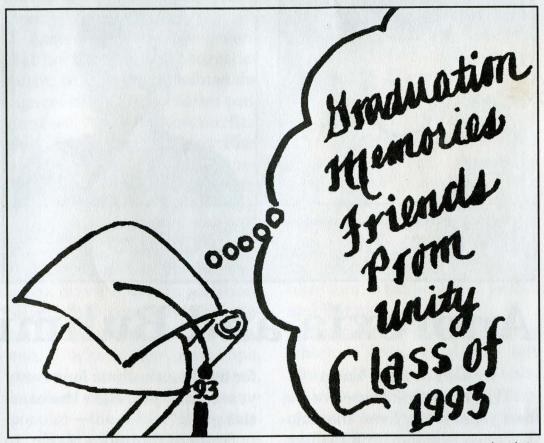
—**Wendy Erman** was giving out kisses at the command of her "buyer" **Josh Weingrad,** in nine hall.

*****

Jocelyn So and **Kenny Stahl** have been nominated for the New York Times Young Citizens award. They will be honored at a reception in the near future.

*****

Finally, congratulations go out to senior **Neal Kwait.** Neal has been accepted to The Cooper Union School for the Advancement of Arts and Sciences with a scholarship covering full tuition for up to five years. He plans to attend the School to earn a degree in chemical engineering.



Joan Latar

CALL ME BEFORE YOU CHOOSE A COLLEGE...

RONNIE OPPENHEIM

Since 1979, I have personally guided students through the college selection and application process, helping them get accepted in to the colleges that were best for them. If you are a junior, the best time to start is now—this way, you will have the time you need to examine all your options and become a powerhouse candidate when you apply to college in the fall. I will provide you with the expert advice you need to apply to, and to select, the right college. Plus, I will tell you how to write the greatest essays that will get the attention of the admission officers. Talk to you soon.

UCAN
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38 Stoney Brook Rd.
Holmdel, NJ 07733
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Ronnie Oppenheim
Founder and Director

Juniors '94

with Melissa H. Oppen

Congratulations to both **Julia Huang** and **Michael Silver**, who have volunteered much of their free time and energy at the JFK Medical Center. These two Juniors have been commended for their efforts of civic duty during "Volunteer Recognition Week" (April 18-24th).

*****

Summer is approaching (however short it may be), and, while some of us will remain in the United States basking in the sun, **Karen Lam** will be off to Korea. She is planning on working for a camp there, for which staff are flown in from all over the world. This program will last for three weeks. Karen explained, "I think it will be a great experience. I just have to tie up some loose ends with one of the directors there, who lives in Hawaii, and I'll hopefully get the job. I'm really excited because I've never been to Korea, and, besides, I love to travel."

So, while the rest of us are serving food to ungrateful brats at sleepaway camps, not to mention getting paid next to nothing (at least I won't be stuck at home), Karen will get to see what life is like on the other side of the world. Not bad...for a JUNIOR!

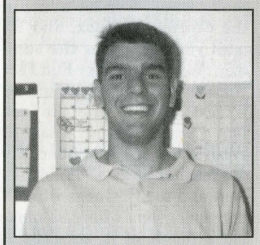
Fashion and fitness: Maint

Inquiring Photographer with Rachel Stark

Why is appearance important?

"It gives a person an idea of what type of person you are."
—Stacey Jacobs (senior)

"To display our level of conformity."
—Ephraim Tsalik (junior)



"Yes, especially in the competitive job market."
—Justin Harper (junior)

"It's not."
—Marsha Sapron (senior)

"Because people make impressions of you the way you appear."
—Karen Figenblat (sophomore)

"It creates an image."
—Monica Bouwsma (sophomore)

Plastic surgery: Changing the face of EBHS

by Russell Sandman

Teenagers today care more than ever about how they look. The rate of teenagers having cosmetic surgery is increasing rapidly. In fact, the average age of teenagers having plastic surgery is sixteen years old.

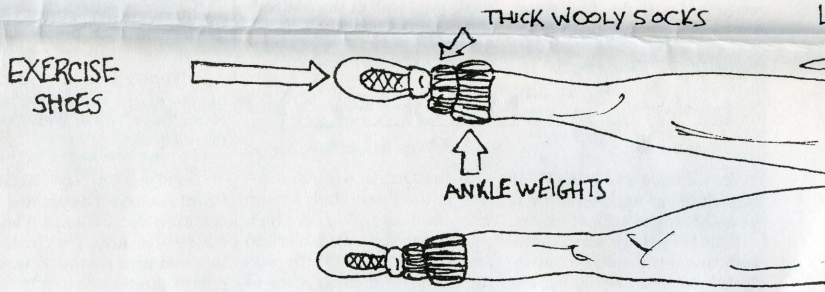
Dr. Glasgold, a popular plastic surgeon in Highland Park, stated that the two most common forms of surgery among teens are rhinoplasty and mentoplasty. Rhinoplasty, the most popular, involves the surgical correction of any defect of the nose. Mentoplasty is the surgical procedure in which implants are added to the patient's chin to increase chin projection. Each surgery should be considered permanent.

Cosmetic surgery is expensive and therefore not available to everyone. Actually, the average rhinoplasty costs several thousand dollars. Dr. Glasgold estimated that about seventy percent of teenage rhinoplasty patients are female. "Some common reasons for surgery in cases of both sexes are simply to correct problems dealing with the size and shape of the nose." The doctor further said that in order to have the surgery, a teenager must have his or her parents' permission. The youngest age any patient can be to have elective surgery, with parental consent, is thirteen years old.

In a random informal survey, thirty students, ten sophomores, ten juniors, and ten seniors, with half of the subjects male and the other half female, were asked if they would consider ever having plastic surgery. Fourteen of the thirty answered "yes". This statistic shows that teenagers are very concerned with the way others view them. Some of the students interviewed said they would have cosmetic surgery, but their parents would not allow it. One sophomore who chose to remain anonymous said, "How could you get surgery, and then walk into school the next day? Everyone would notice the change, but would be too embarrassed to mention it."

A senior also preferring anonymity said, "I would get plastic surgery because people in college wouldn't recognize any difference in my appearance."

With all the pressures facing teenagers today, appearance is still a primary concern. According to Dr. Glasgold, the number of teens in his practice having cosmetic surgery has dramatically increased in the past three years. One explanation for the growing number is that many teens cannot tolerate their physical imperfections, and therefore will not wait before making lifelong changes. Another reason is advertising, television, and movies that create unrealistic models of appearance that teens try to emulate. This is a trend worth noting.



Anorexia and Bulimia: The dark side of staying thin

by Genevieve Yuen

THEY say that these are the best years of our lives, that adolescence is something to cherish, but perhaps THEY—parents, teachers, and the rest—have forgotten exactly what being a teenager entails. In a society of "mirror, mirror, on the wall" and "what are little girls made of," the painful task of growing up is made even more difficult by the added burdens of what society expects of teenagers. Perhaps no where else are the effects of these societal pressures more blatant than in the extremes of anorexia and bulimia.

Flipping through magazine pages graced by the Cindy Crawfords, Claudia Schiffers, and Nike-exercise freaks, it is not difficult to conclude that "thin is in." Readers, primarily females, are forced to look at and admire spindly models who oftentimes are anorexic/bulimic themselves. "Look at Jane Fonda, for instance," says health teacher Ms. Margaret Pongracz. "She, for one, was bulimic for twenty years, and, yet, she's the exercise guru."

Student opinions seem to agree as junior Harrison Schweiloch believes, "If it weren't for Barbie dolls with two inch waists and fashion models who need an inch of fabric to cover themselves, people on this planet wouldn't be so obsessed with being thin."

Junior Pearl Lee questions, "How can you like yourself [unless] other people like you? Your self image...is derived from how others and society perceives you."

In this respect, society's ideals can be considered one of the factors that cause eating disorders. Anorexia Nervosa —defined as an "illness of deliberate self starvation with psychiatric and physical components"—and Bulimia—"recurrent episodes of binge-eating followed by...purging"—are different reactions to the same problem of trying to be "super woman." Here, victims of anorexia and bulimia are taught by the media to hopelessly pursue absolute social, intellectual, and physical perfection. "What you find," said student assistance specialist, Ms. Ileana Puerto, "is most of these girls are overachievers and perfectionists." Then, with the realization that they will never be this "super woman," anorexics completely reject the feminine role and create new expectations of themselves, which include maintaining a pre-pubescent, childlike appearance. The bulimic, on the other hand, continues to pursue this feminine ideal only to end up frustrated and thus channeling emotions into binge-eating. As the anorexic comes to take pride in her habit, the bulimic feels guilt and begins purging, whether it be by self-induced vomiting, laxatives, or diuretics.

What Ms. Puerto stresses most, however, is that eating disorders cannot be attributed to the issue of keeping up appearances alone, but that victims must always be considered individually. Aside from society's role, victims already have "distorted perceptions of themselves and what's going on," she says. "[For instance,] a seventy-five pound girl will look in the mirror and see herself as fast." Moreover "many girls find themselves needing to have control, and so they turn to food, since it's something tangible [and] something they can control. The only problem is, food ends up controlling them." Also noted is that eating disorders can sometimes be a form of avoiding family problems involving alcoholism or depression.

In a 1986 study, it was found that over sixty percent of adolescent girls feel fat and hope to lower their weights by reducing calorie intake while another one in five teenagers admitted to having already used drastic measures to compensate for bingeing.

Unfortunately because eating disorders are very secretive matters, many cases go unnoticed. Victims will not admit to a problem. Health teacher Ms. Patricia Peters said, "We live in a society where people are complimentary when a person loses weight, but they are not as likely to say when that person has gone over the limit."

The bottom line is that victims of anorexia nervosa and bulimia need to get help. Although victims may not recognize the problem themselves, Ms. Pongracz suggests, "If a friend or your family is telling you that you're getting thin, then maybe you should listen." Ms. Puerto stresses, "It's a psychological *and* physical problem, and that's why hospitalization may be necessary."

With the intensive treatment, both physical and psychological, needed to stabilize the person, it is imperative that possible victims get information and help—from such figures as guidance/crisis counselors, school nurses, or family members—before serious damage is incurred.

ining appearances at EBHS

Aerobic exercise effective, sans steroids

by Zack Stewart

Everywhere these days, from beer commercials to swimsuit issues, America is obsessed with physical appearances. One way to improve appearance and health at the same time is to lift weights or participate in aerobics.

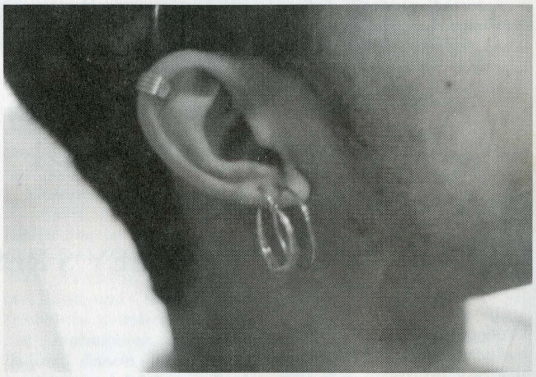
However valuable weight training can be, most exercise videos carry important disclaimers advising viewers to consult a doctor before starting any kind of exercise program.

Being fit to exercise is only the first step. One must also decide what type of program to pursue, depending on one's needs. Weight lifting falls into several different categories. Strength training, commonly used in conjunction with sports, involves lifting weights in the same motions used in sports. Other types of training include body building (intense concentration of many exercises on one body part at a time) and power lifting, such as in the Olympics.

Bears' football coach Mr. Marcus Borden offered this advice to beginning weight lifters: "Watch your diet, follow a routine, and don't get frustrated over the 'Muscle Beach' image. That's one reason why people get involved in steroids, and that's just the wrong way to go." Coach Borden also mentioned that the rate of muscle development "varies from person to person" due to differing body chemistries.

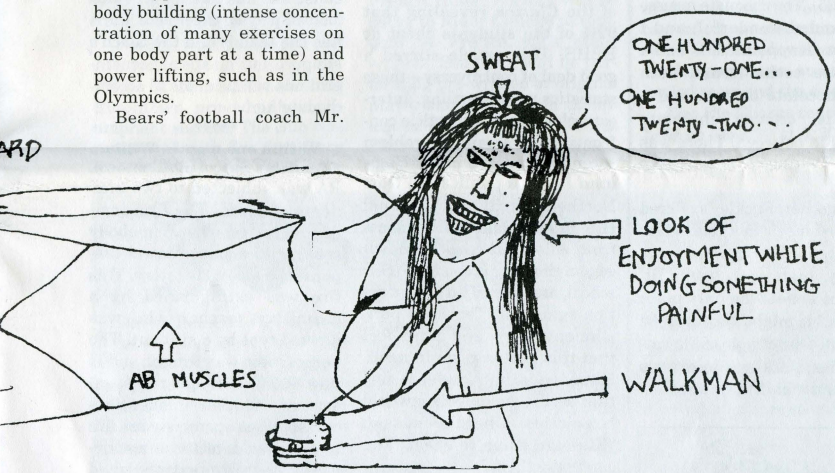
Step Reebok, a high intensity, low-impact aerobic workout, is a great way to tone muscle without lifting weights. This activity, run at EBHS by Mrs. Deborah Mangino, is extremely popular, with up to three interested students per space on any given day. Mrs. Mangino's explanation of the popularity of Step Reebok is that, "Using different step heights allows people on different levels of difficulty to train together at the same time."

Anabolic steroids, controlled substances that enhance muscle growth but put vital organs, such as the liver, in danger, cast a dark shadow over the fitness world. An anonymous varsity athlete commented, "With the proven side-effects of steroids, someone would have to be incredibly stupid to use them. I have never used steroids myself or known anyone who did, but I've heard of people who have already graduated that did."



Irene Small

Senior Nigel Lumyou displays some of his ear adornments.



Alternative fashion goes mainstream

by Jen Brautman

"Style" can mean a particular or personal matter of doing something, or it can mean the current mode of fashion. Recently, individual and unique fashions have been infiltrating mainstream culture. Doc Martens, nose rings, flannel shirts, and big clothing have all become commonplace. Many of the original trendsetters look at that fact sadly. Said senior Aaron Silverman, "We [the skaters] wore the baggy pants first."

Accessories are now essential to the well-put-together outfit. In fact, many fashion designers cite a nicely chosen pendant as "making the outfit." Such celebrities as Flavor Flav of Public Enemy and Courtney Love of Hole can be seen wearing pacifiers around their necks. Simple chokers, often made with just a shoelace or leather strap, can brighten up a scoopneck shirt. In addition, silver rings give hands character. Hats are also in this season. Stocking caps, knit caps, stovepipe hats, and, of course, baseball caps have all become popular—the wilder, the better.

"Style reflects one's personality," says junior Steve Yang, which may explain why, in general, people have begun putting more thought into their clothing.

"Sweats are out," says sophomore Jill Lowenstein. According to Jill, "Jeans with rhinestone studs, fluorescent colors, revealing clothing, and anything gaudy or glitzy is also out."

Not only is it perfectly acceptable for women to wear men's clothing, but lately there is a new market of women's clothing for men. Perhaps inspired by the kilt-wearing Axl Rose, men have begun to show themselves in public wearing skirts and ruffle-cuffed shirts.

Another celebrity to spawn a trend is Marky Mark and his Calvin Klein's. Notes senior Beth Cackowski, who works in the men's underwear section of JC Penney's, "Calvin Klein-esque underwear has been selling quickly lately."

The music industry has also inspired many styles and trends. Recent success in the hip hop industry has led to Cross Colours—a company selling brightly colored large clothing to its targeted rap audience. However, though one would expect the same principle to apply to grungewear, most fans of alternative music (for whom the clothing was designed) cringe at the word "grunge"—a largely exploited term meaning the music and clothing of Seattle bands like Nirvana and Pearl Jam. Aaron Silverman refused to be quoted on this subject, horrified at the thought of having his name near the word 'grunge.' Though expensive grungewear by designers like Marc Jacobs and Donna Karan may be regarded as silly, the idea behind it is well thought out. Said junior Lana Maier, "I like comfortable, used jeans, and flannels."

Another item of clothing which is being exploited left and right are bellbottoms, which are showing up in every mall across the country. Said senior Sherry Volkmann, who works at Noname in the Brunswick Square Mall, "They're trying to bring back bellbottoms, and failing." A sophomore who wished to remain anonymous agreed, "Those bellbottoms have just got to go."

Although most people do not seem to agree on fashion do]s and don't's, one thing is clear—used clothing is cool. "Thrift stores are in," agreed juniors Nicki Rosbruch and Erica Busch. Said art teacher Mr. Paul Burik, "Thrift stores are a creative outlet. They offer an opportunity for self-expression. People can put together a look which requires a certain design sense. They take bits and parts to create a unified statement or look."

Sporting a Depeche Mode meets Georgio Armani look, sophomore Norm Chan sums up his idea of style: "I wear clothes that have soul."

Body art gets under the skin

by Susan Kim

Those who have ventured outside of East Brunswick recently may have noticed an intriguing trend on the rise. That is, body piercings—nose, lips, eyebrows, bellybuttons, and other private areas—are becoming more common.

One can definitely parallel body piercings to tattoos, again delving into the sharp-foreign object-piercing-my-skin category. Do they really hurt, though? Senior Kim Pitcher thinks not. She should know, having two large tattoos, both of which she designed herself. They are on her shoulder and thigh, and it took a combined eight hours to complete the application process. Although Kim claims that both the procedures were painless, she does remark that, "Some [people] see a needle and they faint."

One who desires to pay the price, in terms of pain, and get a tattoo should probably first check out the price in terms of money. For a small tattoo of only one color, the price begins at around fifty dollars and goes up from there. Kim's tattoo, which covers her whole thigh and boasts thirty-two colors, cost her four hundred dollars.

Piercings, on the other hand, are relatively cheap in comparison, as they are often done at home. This is the case with one noticeably pierced body part at EBHS, a nose belonging to junior Vicki Lee. She did it with a safety pin, and she claims it was painless. (I once saw a woman on the "Jane Show" who claimed that body piercings hurt less than ear piercings, and she had six piercings in her tongue alone.) Those who might opt for a professionally-done job might have to look around a bit, though, such as in New Brunswick, because East Brunswick malls do not do body piercings.

Before deciding definitely whether or not to get a tattoo or piercing, there is something to be considered. Both Vicki and Kim made it a point to address the issue of stereotyping. They find that people make assumptions, usually negative, as to a person's character on the basis of such adornments. They commented on such stereotyping as being a form of racism, an example of which was when a staff member in our school looked at Vicki, who is Chinese, and asked why she "couldn't just be like the other Asians in the honors hall."

At least the student had more substantial comments, such as junior Kevin Lynwood, who said, "Tattoos can be fun, but you might regret them later." Other students, such as senior Jamie Forman, also offered similar reserves to such permanent decisions. There were, of course, the unavoidable comments offered by students such as senior Seth Benowitz, who said, "I think any woman with tattoos or body piercings in erogenous areas is definitely a good woman." I am sure that he was referring to the strength of heart exhibited by those who choose to deviate from the norm, right Seth?

the gargantuan gourmet

RACKLEY'S RESTAURANT

by Jonathan Agnew

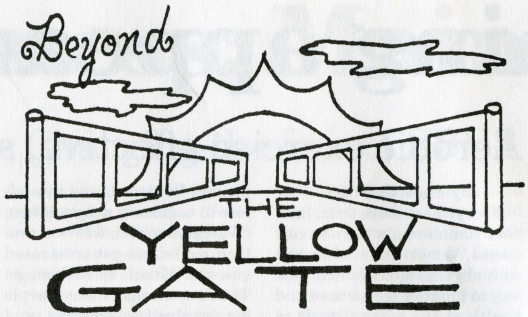
Rackley's Restaurant, near the intersection of Route 287 and Route 529 (about 25 minutes away), calls itself "the only place for ribs." When I arrived there were no free seats in the non-smoking section, so I decided to sit in the smoking section, rather than wait for a table.

The appetizers on the menu include a nacho platter, stuffed potato skins (with crumpled bacon, cheddar cheese, and sour cream), cajun "popcorn" shrimp, and mozzarella sticks, at prices between three and five dollars. The "popcorn" shrimp was deliciously warm and crispy. The mozzarella sticks were even better and came with barbecue sauce, a nice change from traditional marinara sauce.

The entrees include fried chicken, barbecued chicken, steak, barbecued shrimp, any of the above with ribs, or plain barbecued ribs. For some of the more lazy people, "riblets" (ribs without the bones) are available for an additional two dollars. Entree prices are generally between nine and fourteen dollars, with burgers and sandwiches costing between four and six dollars. For dieters, there is a 85 percent fat free turkey burger for $4.95 which the menu claims tastes just like a hamburger. I order the barbecued chicken and ribs for $12.95. The chicken seemed to have more fat than meat, but the ribs were excellent. Rackley's "special sauce" has just the right amount of spice to add to the taste of the meat without overwhelming it. All of the meals come with salad, cole slaw, and a choice of baked potato, baked beans, or "potato slabs". These are slices of fried potatoes with the skin still on. The meal was quite messy, but the waitress brought plenty of napkins, and several moist towelettes were thoughtfully placed on each table.

Desserts included apple pie ($2.50), carrot cake ($2.95), raspberry cheesecake ($2.95), Jamaican supreme layer cake ($2.95), and chocolate mousse pie ($3.25). The chocolate mousse pie sounded wonderful, and I was not disappointed. It had a chocolate cookie crust, with milk chocolate on top, and a delicious, creamy chocolate mousse in between. There was a dab of whipped cream to top it off.

Altogether, Rackley's offered very good meals in a relaxed atmosphere. The prices were slightly high, but worth it. While it is not "the only place for ribs," it might very well be the best. Out of a possible rating of five, Rackley's deserves a three and a half.



by Stephanie Knox

My goal in writing this column is to present you with interesting and extraordinary happenings in other schools. However, when I was reading through the heap of newspapers that I've received, I came to a startling realization. There are other high schools in the country whose students and faculty deal with the same issues that we do at EBHS. Well, I guess we're not as different as I thought. Allow me to explain...

Seniors may recall that when they were sophomores an article appeared on the front page of the *Clarion* revealing that 92% of the students cheat at EBHS. This article stirred a good deal of controversy—these statistics were startling. Interestingly enough, an article confronting a similar problem recently appeared in the *Highland Fling*, a publication from Northern Highlands Regional H.S. in Allendale, NJ. Students from Allendale also acknowledge a cheating problem in their school, and identify a lack of action against it. Teachers' punishments vary, and many feel that this is a problem in itself. However, other students feel that a schoolwide policy would be pointless. One student said, "Kids are going to cheat. You can't stop them."

*****

I came across another similarity, this time between our students and those at Newton North High School in Newtonville, Massachusetts. Students recognized the multiculturalism in their school, and the fact that the curriculum does not address it effectively. Last year, racial tensions became a visible problem. Students formed the Committee for a Multicultural Curriculum. They are researching new ways to teach existing courses from a different approach, respecting all ethnic and cultural groups. This idea had an impact on me because our school has suffered from recent tensions, which a series of assemblies has attempted to end. Perhaps similar research at EBHS would be beneficial.

*****

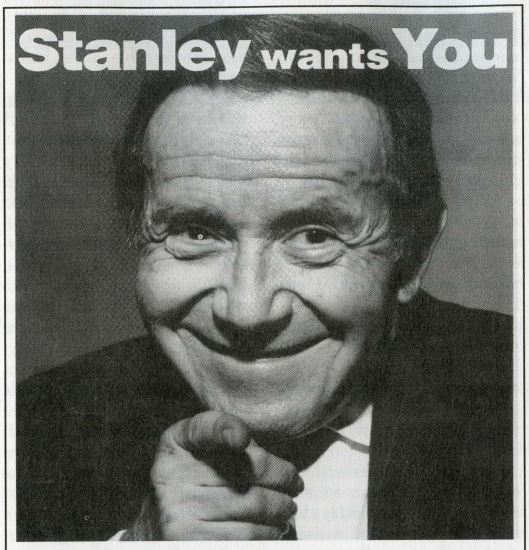
In Hartsdale, NY, student Carri Stockheimer will put herself in a potentially dangerous situation in order to follow her dreams. Carri will be the only female player on the boys' football team. She wants to play wide receive or flanker, and in turn will face some very "big" opponents in game situations. Carri is only 5'5" and 112 lbs. She is currently in training, because she has had no previous football-playing experience. Carri has the team's and the coach's support, but no special considerations will be made to accommodate her.

*****

Within one month, William Allen High School in Allentown, PA was subjected to two incidents of arson. The first incident occurred when somebody set fire to a paper towel dispenser in a boys' lavatory. This fire was extinguished by a chemistry teacher who was alerted to it by a student. The perpetrator was caught and is now going through the legal system. Another incident occurred when somebody set fire to a motion detector in a stairwell. The fire extinguished itself. The matter is being dealt with by the police.

*****

The Wilbur Cross High School newspaper in New Haven, Connecticut displayed an interesting advertisement. Social development teacher Richard Romao made a marriage proposal to English teacher Laurel Billings. The students then became involved with the proposal. They posted signs all over the school giving her their opinions—"Just Say Yes" and "Just Say No" were the most prominent. Billings have her answer in the December issue—it was a bold "Yes".



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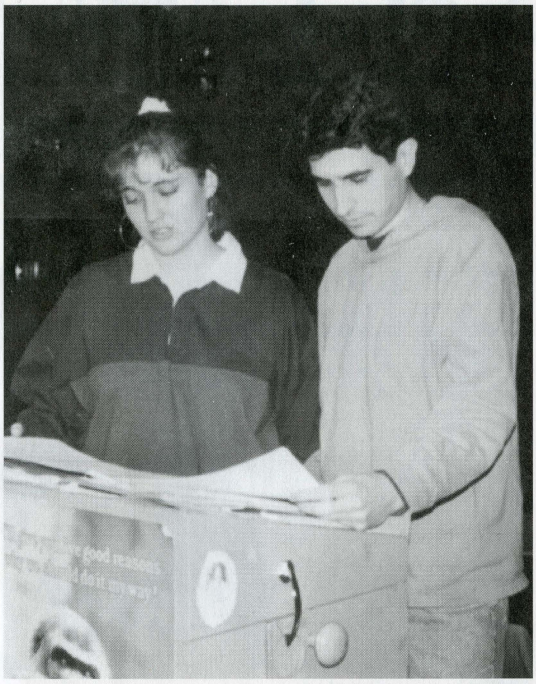


Peggy Au

Sophomore Anne Marie Katalenas and graduate Stefan B. Weisman discuss their musical compositions.

by Sarah Yoo

Every year, the high school orchestra gives a spring concert in May. Most of the music it plays is written by composers such as Mozart, Bach, and Beethoven. This year, however, two original pieces written by students have been added to the program—"Inspired by Opus" written by sophomore Anne Marie Katalenas and "Thistle" written by Stefan B. Weisman, a graduate of EBHS class of '88.

Mr. Gordon Tedeschi, the orchestra conductor, has never before played any music that was written by students. "When Stefan came to play in the 25th Anniversary Moorestown Exchange Alumni Orchestra, he informed me that he was now an aspiring composer. I invited him to write a piece for our orchestra," said Mr. Tedeschi.

Stefan said, "It's hard to find orchestras willing to play your music if you don't have a name. Mr. Tedeschi did me a great favor by asking me to write a piece for his orchestra."

Says Anne, "I originally wrote the piece for piano three years ago. At that time, when I played it for Mr. Tedeschi, he had said, 'One day we'll orchestrate it.' One day, a few months ago, when I was bored, I just decided to orchestrate it."

"I had always loved music and listened to classical music. I studied music at Bard College, and found that I liked to compose music," Stefan replied when asked how he got into composing. "Joan Tower, Daron Hagen, and Sarah Rothenberg were among the professors that were very supportive and helpful to me."

"Sometimes, I get serious about [composing], and other times, I just do it for fun. I can't force myself to write—it just comes naturally. There are times when I'll write nonstop for two months, and then I won't write anything for a month," said Anne.

Mr. Tedeschi says, "Anne's piece is a pop 'Billy Joel' type while Stefan's is a Concerto Grosso with a classic/contemporary flair." In other words, these two pieces have a style unlike any pieces traditionally played by the orchestra.

A small controversy erupted over the ending of "Thistle". There was even talk of changing it. "Yes, we will be taking the original ending that Stefan wrote. I initially felt that the end was a complete change of style from the rest of the piece. I discussed the ending with Stefan, and he explained his intentions with the change in style," stated Mr. Tedeschi.

"There is a continuing theme throughout the music. I thought that by putting a twist in the theme, it would make a fitting ending, but you should still be able to recognize the same theme," explains Stefan.

When asked if he was willing to play more original pieces, Mr. Tedeschi replied, "Most definitely—if it's good." So to all the unknown aspiring composers out there, the door is open.

Students volunteer time and effort

by Celina Su

Almost everyone wants to help the world become a better place. At EBHS, some special students who volunteer outside of school are making it happen.

The most common place to volunteer is St. Peter's Medical Center in New Brunswick. Sophomore Maria Alsina has been candy striping at St. Peter's for a year and a half, performing basic tasks and taking care of patients by feeding, talking to, or introducing them to their new rooms whenever the formal staff cannot. She says that she goes "whenever I have the free time; I come home tired but feeling good." She adds, "I'm proud that I've kept with it." It obviously takes a lot of discipline and devotion to be a volunteer.

According to Ephraim Tsalik, a junior, one also must be "strong-hearted, sociable, and willing to go past your assigned job." Ephraim is president of TOPS (Teens Organized to Prevent Smoking). Activities include poster contests, fundraisers, and making fact sheets on the danger of smoking, because some of them are "really shocking." He originally started working because he was too young for a job in August of 1990, and he wanted to gain experience in the medical field.

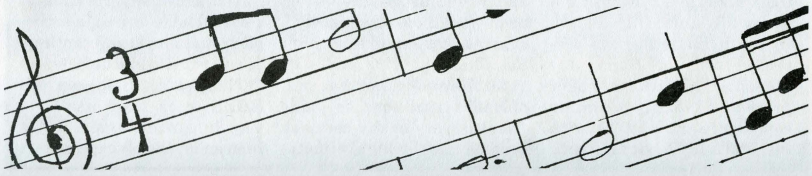
Junior Mike Kaufman has been working at the Raritan Bay Medical Center for about a year because "it looks good for college." He develops and makes copies of X-rays, and he plans to eventually volunteer at the Daisy Recreation Program. Senior Valerie Shklyarevsky is already a counselor there and has been working with hyperactive, mentally retarded, autistic, handicapped, and other disabled children for two years. She supervises the kids and shows "them they can really do regular things," like swimming and gymnastics. She finds it "very rewarding." Nevertheless, she adds, "It's sad people don't treat them as human, because they're real people." Must-have qualities for the job include: warmth, patience, persistence, and the ability to deal with frustration.

Another program is the Animal Rescue Force, for which junior Neha Dalal has been working since September. She takes care of the animals at the Rt. 18 Market and handles animal adoptions to make sure that pets go to good homes. She also feels it is rewarding and likes to do it because she "loves animals" and thinks "it's a lot of fun."

Senior Tara Herman works for the Sierra Student Coalition to "make people aware it's important not only for the earth, but for us. We're not saving trees because they're pretty to look at." She also adds, "There're so many aspects: the big hole in the ozone layer, the rainforests..." She is the New Jersey Contact Person who contacts and recruits student environmentalists throughout the state for letter writing campaigns and other projects, helping to form a national student network. She feels that "it does get to be tiring; you're always doing it for other people, but you realize that it's important and puts things in perspective." Anyone who wants to help can join. "It's a cause," Tara says. "We don't shut anyone out."

Matt Sternthal, a junior, is on the East Brunswick Rescue Squad; other students aid the homeless by volunteering in soup kitchens. Some, like sophomores Nicole Jacobs, Shari Goldberg, and Rema Sukumaran, help out in the library over the summer. Shannon Cassaday, also a sophomore, takes care of children at Warnsdofer after school for the Student Aid Child Care program; others work for the political party or candidate of their choice.

All these students are making others' lives a little better. There are as many opportunities as there are causes, and all one really needs is to be willing to work. It may be hard to do it all, but, as Maria says, there's nothing like when you're there working and "you see a smile. It's just nice to help."



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Varnell Johnson, who will play for Rutgers next year, is pictured here in his days as an EB Bear.

Varnell Johnson: Knighted

by Matt Franke

Varnell Johnson is happy.

After a year of playing football at Milford Academy, in Milford, Connecticut, he can now do what he's always wanted to do—play for the home crowd.

Johnson graduated from EBHS in 1992, after lettering in three sports. His athletic abilities were probably best displayed in football, where he was a prominent offensive and defensive star.

Johnson's statistics while playing football at East Brunswick were impressive, and were even more so while he was playing at Milford, where he was a cornerback and a kick return specialist. He averaged 20 yards on both kickoff and punt returns.

When Johnson made his intentions known that he wanted to attend a four-year school, many schools courted him, including the University of Maryland, Boston University, Temple University, the University of Pittsburgh, and Rutgers. "It was a tough decision," he admits. In early February, Johnson made his choice clear—he was going to attend Rutgers University and play for the Scarlet Knights.

When asked about his future and former coaches, Johnson had nothing but praise. About his future coach, Rutgers head coach Doug Graber, Johnson said, "He's a nice guy—I've talked with him several times."

As soon as East Brunswick coach Marcus Borden was mentioned, Johnson grinned: "He is a [football] mastermind!"

Johnson cites two reasons for choosing Rutgers. It was the best school academically, and it allows him to be close to home. While at Rutgers, Johnson plans to study drama and business.

Johnson has already begun preparing for the upcoming season. He has met most of the Rutgers football squad, and has been conditioning continually.

With all this going for him, Johnson still remains humble. "I owe everything to my father, Varnell Johnson [Sr.]," he said.

Johnson's future looks very bright. He summed up his feelings in two words: "I'm ready!"

Athletes hassled by sports physicals

by Mike O'Reilly

Prior to every new sports season, on various dates, students at EBHS form a massive congregation at the end of One Hall, near the gym. Any athlete can tell you that this is the sometime grueling sports physicals process. Many students who do not participate in school sports do not know what is involved in the process, and many athletes do not know why it is necessary.

There are two separate examinations that a student athlete at EBHS must go through. The first is the pre-physical examination. In the pre-physical, tests that the staff of the athletic department feels are necessary to insure the well-being of the athlete are conducted. Some of them are urinalysis, blood pressure, heart rate, flexibility, and height/weight measurements. Contrary to what many believe, none of the testing is geared toward detecting drug abuse. EBHS Athletic Trainer Phil Hossler even questioned the legality of drug testing in high school athletics.

Another important component of the pre-physical is the viewing of a video on the serious injuries that can occur while playing high school sports and how to avoid and treat minor sports injuries. Mr. Hossler feels that the video is extremely important and effective because it "raises the athlete's awareness of injury."

Prior to this year, pre-physicals were required before every new season, meaning three times to some athletes. Currently, "repeaters" need only one pre-physical per year and some documentation for all the seasons that they play. Mr. Hossler altered the system because he found, through research, that the results of many of the tests fluctuate often, making any changes throughout the year in the personal results of an athlete negligible.

The second part of the process is the normal physical examination, which must be administered by a certified physician, either a family physician or by doctors who come to the school on scheduled dates. EBHS Athletic Director Frank Noppenberger said, "There are certain procedures, including the doctor's physical, that are required by the state in order for an athlete to participate in interscholastic sports." He also added that, although they are required, the state does not provide the funds to pay the doctors that come to the school to perform the physicals. The school athletic department provides the funding so that the examination can be administered at no cost to the athlete.

The physical includes examination of such functions as the heartbeat, breathing, eyesight and hearing. Its purpose is to check for any physical problems that might make the athlete unfit for competition. Detection of these problems before practice begins helps avoid dangerous and possibly deadly health complications. Another purpose is for requirements regarding liability and insurance policies. Those involved in managing the procedure stress that its most important purpose is injury prevention. As Mr. Hossler put it, "that [injury prevention] is why we go above and beyond what is required by the state and what is done in other school systems."

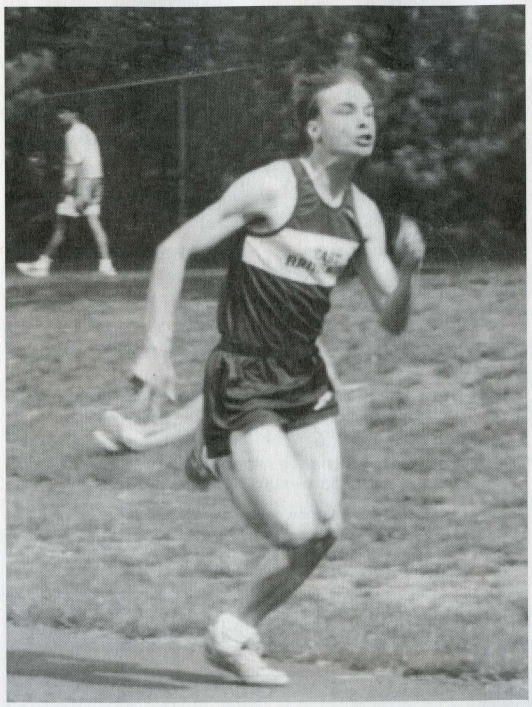
Mr. Hossler seemed to capture the essence of the pre-physical and physical processes in his analogy of an athlete to an automobile. "A manufacturer tests a car before he puts it on the road. We test our athletes before they are placed in competition."

Athletes have mixed feelings about the processes. Junior basketball player Justin Harper said, "I suppose they're necessary, but sometimes they take so long that it's ridiculous." Sophomore wrestler Marc Gensler commented, "The physicals are important because sometimes it's hard to get to your own doctor." Sophomore track runner LaRue Reicks expressed his opinion by simply saying "too long."

Senior football player Chris Hendricks offered a solution: "Upperclassmen, like myself, should be allowed to go first in line."

The athletic department attests that the long lines are due to two factors: the large number of athletes that participate in sports throughout the year and the failure of athletes to follow scheduled times. Regardless, Mr. Noppenberger said, "Out of all the different ways that I've seen [sports physicals] administered, our system is the most comprehensive and most efficient. To run them any more smoothly would require additional facilities and equipment."

It is apparent the sports physicals are both necessary and beneficial to the athlete. Although they do not always run on schedule, the system is one that gives the athletes more than adequate protection from detectable problems in a fashion that is more efficient that the norm.



Jing Qi

Senior Neal Wilton's determination is evident on his face as he races towards the finish line.

Athlete of the Issue: Neal Wilton

by Kavita Kasat

Senior Neal Wilton has competed in both the boy's winter and spring track teams at EBHS since his freshman year. Neal is a very strong opponent, competing in high jump, long jump, 400 hurdles, high hurdles, and in the 4 x 400 relay team.

Neal began running when he was seven years old, usually in informal races against his brother, Arthur. Since then, Neal has become an integral part of the EBHS track program. According to track coach Donald Mandy, "Neal is a good runner because he is fast, disciplined, and motivated."

Neal's athletic ability has been commended by many, earning his numerous accolades. In ninth grade he won the track athletic award from Churchill Junior High School. In tenth grade he was presented with the Jimmy Jay Memorial Award, an honor presented to an outstanding sophomore track athlete. In the 1991-1992 winter track season, Neal was given the Most Valuable Player Award.

Neal feels that he owes a lot of his athletic success to the support and confidence of his parents. "Before each track meet my parents tell me to do five things: focus, concentrate, be aggressive, pray, and win. Then, I clear my mind of everything else and get ready for the gun to go off," said Neal.

Neal also believes that being on the team has been both enjoyable and beneficial at the same time. "I can work on my running and make new friends all at the same time," he stated.

Track teammate, senior Francisco Alsina, said of Neal, "[He] has been a very devoted track runner since the ninth grade."

"Neal is very hard-working and he encourages the rest of us to work more strenuously," said track teammate, junior Roy Cham.

Mr. Kevin McEvoy, also one of Neal's track coaches, said, "Neal is very easily coached because he is highly motivated. He never has an excuse for missing practice. Track always comes first over his many other activities."

"Neal is a dedicated track runner and a great asset to the hurdle team," said senior Zoltan Maliga.

"Neal is very persistent in everything he does. He takes his workouts very seriously," said teammate junior Dennis Cheng.

Neal also excels in other areas besides track. He is involved with music, playing the flute, piccolo, and piano. Neal is a member of the school band and wind ensemble. He also enjoys composing his own music.

In the fall, Neal hopes to attend either Rutgers' Mason Gross School of the Arts or Baylor University. He plans to earn a double degree in archeology and music and continue to run track while in college.

Neal said, "Being on the EBHS track team has been very important to me. It has been an invaluable experience."